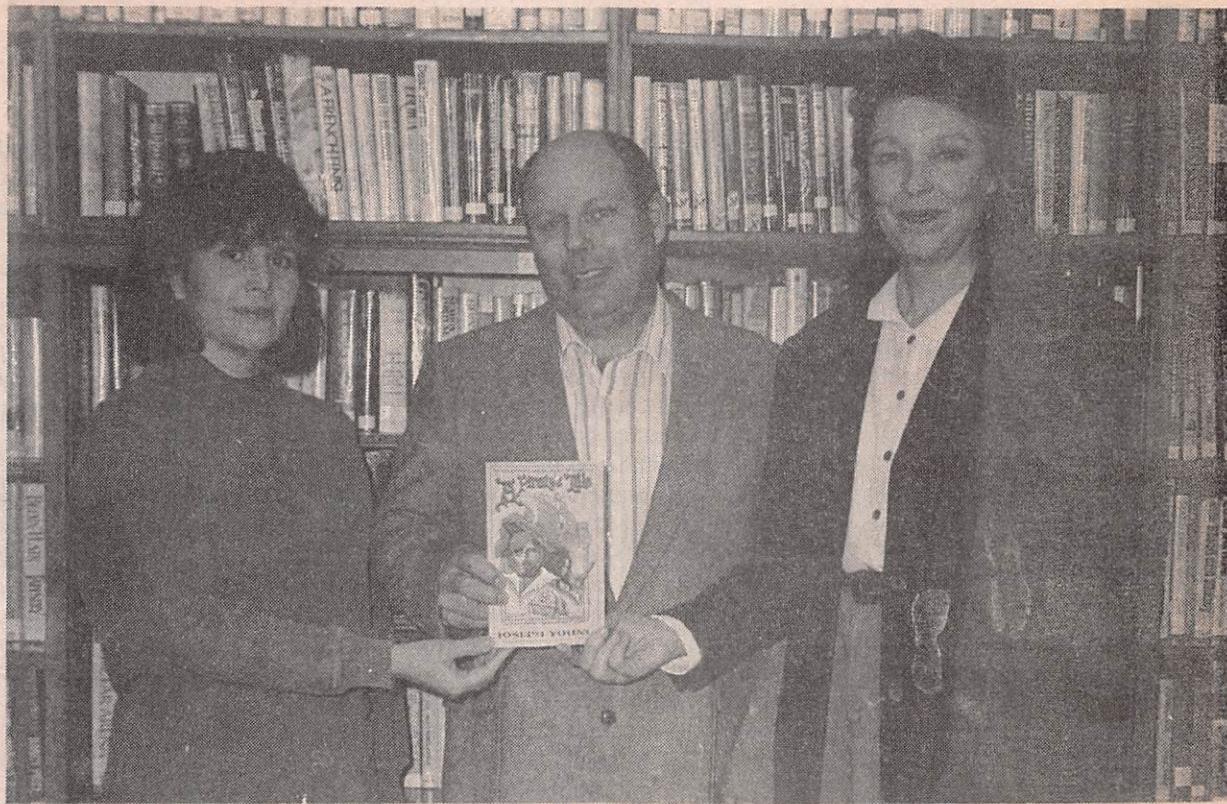


the County

Wallsburg News



Local Author Joe Young donated his most recent book "A Pirate's Tale" to the Wasatch County Library last week. Young was born and raised in Wallsburg and hopes to continue his life there "in these magnificent mountains." He recently authored his second book, "A Pirate's Tale for all children young and old." Left to right, Sue Christensen, Joe Young and Kristen Bowcutt.

Happy Birthday: Feb. 1, Lucy Jepperson, 2, Dawn a Mecham, 4, Shane Taylor, 6, Qwinton Brothers, Greg Jacobsen, Kim Nielsen, Neil Young, Dyane Wagstaff, 7, Terri Olson, 8, Kaisa Gibb, Trevor Jeffs, 9, Rusty O'Driscoll, and any others celebrating their special day this week.

Dry Pack Canning Call Merle 654-2319 for details. During Feb. Lindon Cannery just drypack. To sign up call 785-0997.

You must pay for product when it is picked up with a check or money order. Prices will be quoted when you make your reservation. All Dry pack sessions will have all approved products available to canners. Canners may can up to 42 cans of any product combinations per session. Canners may purchase and bring their own cannery approved products on any of the canning sessions. (42 can limit will apply). Four new items are available only at the Lindon Cannery: Apples, sliced; Potatoes, flaked;

Pudding - chocolate, vanilla.

If you would like any of these four items you will need to go as a group. In April other items for wetpack will be offered.

High School Activity Calendar: Feb. 2, Board of Education Meeting - 7 p.m.; 3, State Wrestling at S.U.U.; Boys Basketball - Delta at WHS (4 games - 3:00/5:00/7:00 p.m.); Sophomore Fling Dance 8:30 - 11:30 p.m.; 4, A.C.T. Test Date; State Wrestling at S.U.U.; Alpine Invitational Forensics; 7, F.F.A. Public speaking Contest at So. Summit; 9, Blood Drive Day - 9 a.m. - 2 p.m. - Gym; 10, Lincoln Forensics at S.U.U.; Boys Basketball at Park City - lv. 2 p.m. (games 3:00/5:00/7:00 p.m.); Girls Basketball at Park City - lv. 2:30 p.m.; Drill Team/Cheerleaders at Park City - lv. 4:15 p.m.; 11, Lincoln forensics at S.U.U.

LDS Ward News & Schedules:

First Ward: (Meetings: 9

a.m. - 12:00 noon).

Second Ward: (Meetings: 11:30 a.m. - 2:20 p.m.)

Sustained: Pres. Reed Ford - Sunday School Teacher. **Ward Choir:** Each Sunday - 5 p.m.

Dates To Remember: Feb. 2, Stake Athletics; 4, Stake Baptism - WB1 - 6 p.m. 5, Fast Sunday; 6, Family Home Evening; 7, High Priest PPI; 8, Scout Round Table - 7:30 p.m.; 9, Visiting Teaching Conference - 7 p.m. (all Visiting Teachers and Home Teachers are invited to attend). Stake Athletics; 10, Regional Leadership Training Meeting; 11, Regional General Women's Conference - 1-3 p.m. Heber East Stake Center. (sister Okazaki will be there from the General Women's Presidency). **Mar. 21-26**, Missionaries in homes for dinner. Contact Judy House to participate.

Building Scheduling: Please contact Frank Hortin at 654-1542 to schedule your building date and time.



Health &

Tobacco Dependence - An Ongoing Problem

by Bill Carter, RN, BSN
& Elizabeth Carter, RN, MS

In spite of recent efforts to educate the public about the dangers associated with the use of tobacco, dependence on tobacco remains an ongoing problem. "Tobacco dependence" means the continuous use of tobacco products, including cigarettes, cigars, pipe tobacco, and chew-type tobacco, for at least one month and at least one of the following: 1) unsuccessful serious attempts to permanently stop or significantly reduce tobacco use, 2) development of tobacco withdrawal when attempting to stop using it, and 3) continued tobacco use despite serious physical disorders, especially those of the heart and lungs, that the person knows is made worse by the use of tobacco. This is tobacco dependence.

Did you know there are harmful ingredients in tobacco that have toxic - or *poisonous* - effects on the body. Tobacco use was an acceptable part of the American lifestyle for generations. However, in 1964, the Surgeon General's Report linked smoking to the development of cancer. Since that time, tobacco and its byproducts have been the subject of careful health care research and have been found to definitely not be safe for use. For example, nicotine is the primary active ingredient in tobacco. Through research, nicotine has been linked to heart and lung diseases, particularly lung cancer. It is the ingredient that primarily causes the addiction to tobacco. Nicotine acts as a tranquilizer, helping the user to feel relaxed - but its effects are very short-lived and when they wear off, the user becomes shaky and soon needs more nicotine to keep the negative side effects of tobacco use at bay.

Tobacco also contains tar, which is the residue left when the nicotine and moisture leave the tobacco. Through research, tar has been found to directly cause cancer, as well as causing the lung disease inevitably found in smokers.

Another dangerous byproduct of tobacco, carbon monoxide, is

can become damaged and cause the death of the tobacco user, either immediately or over time.

Tobacco also contains formaldehyde, an extremely potent substance used for embalming dead bodies. Additionally, tobacco contains acetone, a colorless, flammable liquid. Acetone is so strong that it readily eats through plastic and many other surfaces - including human skin. For this reason, chemists keep it refrigerated in glass jars and are careful not to let it touch their skin.

In spite of this knowledge, tobacco is still used regularly by many people. According to statistics collected by the Wasatch County Health Department, 13 percent of residents living in Wasatch County smoke and nearly 19 percent of households in Wasatch County have at least one smoker living in the home. This means that a significant number of residents smoke despite recent research findings that show how harmful tobacco use is.

So why do people start smoking? Most tobacco users begin the habit as teenagers or young adults. In 1979, the Surgeon General published a report indicating that children are more prone to smoke if they have parents who smoke. It is also easier to begin a smoking habit since the introduction of low-tar and low-nicotine cigarettes, because they produce less unpleasant side effects at first. They are also deceptively advertised as being less dangerous. Because of their low nicotine content, smokers who are dependent on tobacco increase the number of low-tar and low-nicotine cigarettes they smoke so they can obtain their usual dose of nicotine and avoid withdrawal symptoms.

A dramatic and alarming increase in the use of smokeless tobacco, or "chew," has occurred among members of high school and college sports teams. Many young males, especially athletes, view chewing tobacco as less harmful than cigarettes, in spite of research

evidence that shows an increased incidence of cancer of the tongue, lips, and mouth among people who chew tobacco.

Tobacco use has many negative effects on the body. For instance, short-term tobacco use causes the heart to race and increases blood pressure. It also causes shortness of breath, coughing, nausea, and bad breath. Over time, tobacco use causes permanent changes in the tissue of the lungs and mouth, the most notable of which is lung cancer. Long-term tobacco use also negatively affects many of the body's organs.

Tobacco use causes both physical and psychological dependence. For this reason, withdrawal from tobacco can be rough and it includes the physical symptoms of irritability, decreased concentration, decreased heart rate, decreased blood pressure, headaches, and increased appetite. It can also change the person's emotions, making them feel sad, as if they are grieving for a loss. These physical symptoms last from three days to months; however, the craving for tobacco caused by the psychological dependence on the substance can continue for years afterwards.

So, what do you do if you want to stop using tobacco? Your physician has information about ways to stop - either on your own or with a group. The Wasatch County Health Department also has information and support available for individuals who want to stop using tobacco. For information, contact RaNae Williams at 654-2700. Additionally, Wasatch County Prevention Services provides information and support for individuals interested in stopping their tobacco use. They will even put together a support group for this purpose if enough people are interested. For more information, contact Laverne Jolley at 654-3003.

Tobacco use is definitely harmful to a person's health - but it is possible to stop using tobacco and live a longer, healthier life.